



NEWS RELEASE

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Contact: Rachel Baranick
714-550-7420 x 3702
e-mail Rachel.Baranick@sba.gov

“Diets Don’t Work” Expands with Help from SCORE

Lake Forest, Ca – For people who suffer from eating disorders and obsessive thoughts of weight, diet, food, and body image there really is effective help available. Rebecca Cooper, founder of 21st Century Wellness, Inc. and developer of the Diets Don’t Work program, suffered with eating disorders for twenty years before setting a course for herself which ultimately lead to the development of her outpatient behavior modification program.

It took years of treatment and education before she was finally recovered and then it became her dream to help others with the same problem. In eight years over 700 clients have succeeded in coping with eating disorders including overeating, compulsive eating, binge eating, anorexia and bulimia.

To help set the course in developing her business she turned to SCORE “Counselors to America’s Small Business”. Her master’s degree in clinical psychology did not prepare her for the challenges she would face in getting her business up and running. That’s where SCORE made the difference. “Betty Otte, a counselor with SCORE, served as a sounding board for my ideas and vision,” said Rebecca. “I’ve always had a strong spiritual belief and with the support of my husband and Betty’s business acumen I’ve been able to build my dream into reality.” This fall Rebecca will be offering an Eating Disorder Outpatient Program for adolescents. For more information visit her website at www.rebeccashouse.org or call (800) - 711-6336.

SCORE is a national association of active and retired business men and women who volunteer to share their expertise with small businesses as well as new startups. Partially funded by the U.S. Small Business Administration, they provide free one-on-one counseling as well as low-cost practical workshops. For more information visit www.score114.org or call (714)550-7369.

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